

March Activities

Nassau County Office for the Aging

LocationFreeport SCSC 66 Church St., Freeport, NY 11520 516-623-2008 This program is made possible with funding from the Nassau County Department of Human Services,
Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00 Exercise w/ Anne</i> <i>1:00 Beginner Tennis</i> <i>w/ Daniel Burgess</i></div>	<div>3</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00</i> <i>JOIN ISLAND HARVEST FOR A FOOD DEMO AND TASTE TESTING</i> <i>HIICAP INSURANCE INFO AND COUNSELING AVAILABLE FROM 11:00-1:00</i></div>	<div>4</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:00 MOLLOY NURSES</i> <i>11:30 Building Strength</i> <i>w/ Samantha</i> <i>1:00 Piano Time w/ Bob</i></div>	<div>5</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>10:00 Movement w/Music w/Naomi</i> <i>11:30 Piano Time w/ Bob</i> <i>1:00 Nutrition Ed w/ Robyn</i> <i>POWER UP WITH BREAKFAST</i></div>	<div>6</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:30-10:30 Yoga w/ Sandye</i> <i>10:45-12:15 NEW ART CLASS</i> <i>11:00 Bingo for prizes</i> <i>1:00 Stretch & Flex w/ Samantha</i></div>
<div>9</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00 Exercise w/ Anne</i> <i>1:00 Beginner Tennis</i> <i>w/ Daniel Burgess</i></div>	<div>10</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:45-2:45</i> <i>JOIN US FOR A ST. PATRICK'S DAY DANCE</i> <i>ENTERTAINMENT BY TONY GRANT</i></div>	<div>11</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:30 Health Assessment w/Pat</i> <i>11:30 Building Strength</i> <i>w/ Samantha</i> <i>1:00 Piano Time w/ Bob</i></div>	<div>12</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>10:00 Movement w/Music w/Naomi</i> <i>11:15-12:15 MAKE YOUR OWN BRACELET (THINK GREEN) W/ FRAN & DEBRA</i></div>	<div>13</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:30-10:30 Yoga w/ Sandye</i> <i>10:45-12:15 NEW ART CLASS</i> <i>11:00 Bingo for prizes</i> <i>1:00 Stretch & Flex w/ Samantha</i></div>
<div>16</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00 Exercise w/ Anne</i> <i>1:00 Beginner Tennis</i> <i>w/ Daniel Burgess</i></div>	<div>17</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:45-2:15</i> <i>JOIN US FOR A ST. PATRICK'S DAY DANCE</i> <i>PART 2 W/ DJ DENNIS</i></div>	<div>18</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>10:30 CC SNAP INFO W/ MARTHA ROMERO</i> <i>11:30 Building Strength</i> <i>w/ Samantha</i> <i>1:00 Piano Time w/ Bob</i></div>	<div>19</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>10:00 Movement w/Music w/Naomi</i> <i>11:15-12:15 PAINT ON GLASS W/ FRAN & DEBRA</i></div>	<div>20</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:30-10:30 Yoga w/ Sandye</i> <i>11:00 Bingo for prizes</i> <i>1:00 Stretch & Flex w/ Samantha</i></div>
<div>23</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00 Exercise w/ Anne</i> <i>1:00 Beginner Tennis</i> <i>w/ Daniel Burgess</i></div>	<div>24</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:45-2:15</i> <i>JOIN US FOR A DOO WOP THEMED DANCE</i> <i>W/ DJ BOB</i></div>	<div>25</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:00 MOLLOY NURSES</i> <i>11:30 Building Strength</i> <i>w/ Samantha</i> <i>1:00 Piano Time w/ Bob</i></div>	<div>26</div> <div><i>Dominos, Cards, Crochet, Adult Coloring</i> <i>10:00 Movement w/Music w/Naomi</i> <i>11:00 Belly Dancing</i> <i>12:00 Lunch id served</i> <i>12:30 Manicures</i> 1:00 Please join Amy Flores, Director of Hispanic Affairs & the Office for the Aging for an Informational Presentation on programs and services offered by the Office for the Aging. (follow below)</div>	<div>27</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>9:30-10:30 Yoga w/ Sandye</i> <i>11:00 Bingo for prizes</i> <i>1:00 Stretch & Flex w/ Samantha</i></div>
<div>30</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>11:00 Exercise w/ Anne</i> <i>1:00 Beginner Tennis</i> <i>w/ Daniel Burgess</i></div>	<div>31</div> <div><i>Dominos, Cards, Crochet, Adult Coloring, Socialize</i> <i>10:30 WALMART TRIP MUST RESERVE W/ FRAN OR ED</i> <i>11:00 TRIVIA WITH ED</i></div>	<div></div>	<div>There will be a Question and Answer session to follow in Spanish and English. </div>	<div></div>